HIIT NOW CHOREOGRAPHY TEMPLATE MARCH 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP *Say My Name*	128	Prep	32 x 1	15 sec.	
		Move 1:	32 x 2	30 sec.	
		Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	32 x 2	30 sec.	
		Move 5:	32 x 2	30 sec.	
		Move 6:	32 x 2	30 sec.	
		REST	32 x 2	30 sec.	
TRACK 2 *Shot Me Down*	144	**Move 1**	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it"** to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		RECOVER	32 x 4	60 sec.	
TRACK 3 *Bohemian Rhapsody*	144	**Move 1**	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it"** to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		RECOVER	32 x 4	60 sec.	
TRACK 4 *Judas*	144	**Move 1**	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it"** to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

			Reps	Duration	Cue
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 5 *Rolling In The Deep*		**Move 1**	32 x 2	30 sec.	00:00 "**3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 6 *Hurts Like Hell*	150	**Move 1**	32 x 2	30 sec.	00:00 "**3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 7 *Hate Me*		**Move 1**	32 x 2	30 sec.	00:00 "**3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6

					04:15 **3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 8 *My Songs Know What You Did In The Dark (Light Em Up)*		Move 1	32 x 2	30 sec.	00:00 **3, 2, 1, Hit it**" to start move 1 00:30 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 **3, 2, 1, Go**" to start move 2 01:15 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 **3, 2, 1, Go**" to start move 3 02:00 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 **3, 2, 1, Go**" to start move 4 02:45 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 **3, 2, 1, Go**" to start move 5 03:30 **3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 **3, 2, 1, Go**" to start move 6 04:15 **3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 9 *Unfaithful*	150	Move 1	32 x 2	30 sec.	00:00 **3, 2, 1, Hit it**" to start move 1 00:30 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 **3, 2, 1, Go**" to start move 2 01:15 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 **3, 2, 1, Go**" to start move 3 02:00 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 **3, 2, 1, Go**" to start move 4 02:45 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 **3, 2, 1, Go**" to start move 5 03:30 **3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 **3, 2, 1, Go**" to start move 6 04:15 **3, 2, 1**, **Recover**" to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 **3, 2, 1, Hit it**" to start move 1 00:30 **3, 2, 1, Rest**" to stop
TRACK 10 *bad guy*	160	Move 1	32 x 2	30 sec.	00:00 **3, 2, 1, Hit it**" to start move 1 00:30 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 **3, 2, 1, Go**" to start move 2 01:15 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 **3, 2, 1, Go**" to start move 3 02:00 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 **3, 2, 1, Go**" to start move 4 02:45 **3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 **3, 2, 1, Go**" to start move 5 03:30 **3, 2, 1**, **Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 **3, 2, 1, Go**" to start move 6 04:15 **3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 11		Move 1	32 x 2	30 sec.	00:00 **3, 2, 1, Hit it**" to start move 1 00:30 **3, 2, 1, Rest**" to stop

Adagio for Strings		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOLDOWN *Apologize*	120			3min. 14 sec.	